

CANADIAN
MEDICAL
ASSOCIATION
SIXTY-FIFTH
ANNUAL
MEETING

CALGARY ALBERTA
JUNE 18-22 1934



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To the Medical Practitioners of Canada:

*O*n behalf of my medical confreres of the City of Calgary and the Province of Alberta, it gives me great pleasure to extend to you and your wives and families our hearty invitation to attend the 65th Annual Meeting of the Canadian Medical Association in Calgary, June 18, 19, 20, 21 and 22, 1934.

Reference to the contributors will be sufficient to convince you that the scientific programme will be worthy of a great National Medical organization.

The local doctors and their wives have made plans to ensure your entertainment in your leisure hours.

J. S. McEACHERN,
Chairman of the Local Committee on Arrangements.



DR. J. S. McEACHERN
President elect Canadian Medical Association.



Miss Marion E. Moodie
First Graduate of Calgary General Hospital Training School for Nurses

A Song of the West

Oh! wind that comes out of the West,
The land of the sunset skies,

Where far o'er yon mountain's crest
Those glorious colors rise.

You bring me the fragrance of pine,
The coolness of mountain snow,

The music of falling streams,

By hills where the lillies grow.

Oh! wind that comes out of the West,

You sigh on your way to the plain,
"The mountain land is best,

Will you not come back again?"

Glow skies with your golden light,

Blow softly dear wind from the hill,
For my heart has a longing tonight

That only the West can fill.

—Marion E. Moodie.



Alberta--The Last Great West

(A brief History of Calgary and Alberta).

A CONVENIENT place of meeting because the wood along the Bow and Elbow rivers was the best in the North-west, for the making of bows, Calgary was a business centre for Indian tribesmen countless centuries before the coming of the first white men. Richly endowed by nature with the Rocky Mountains a great natural "prop" on the western horizon, Calgary still lures the trayeller from afar to partake of its hospitality.

According to the generally accepted records, Chevalier de Niverville led the first party of white men along one of the great rivers into Alberta and established the mysterious Fort La Jonquiere near the Rocky Mountains in 1751, although whether near Calgary or Edmonton, no one knows. There was no exploration of the west for explorations sake. Each of the pioneers sought wealth in some form - de Niverville with dreams of gold and jewels, and Anthony Hendry who came down from the Hudson's Bay, in 1754, with his hope of persuading the Indians to go to the Bay to trade their furs instead of to the French posts along the Great Lakes.

During the first half of the 19th century a few famous names appear in the history of Alberta--Sir George Simpson, Hudson's Bay Factor, on one of his whirlwind crossings of the continent; Sir John Franklin slowly moving north towards the Arctic where he was to die; David Douglas, serenely unconscious of danger, gathering flowers for the Royal Horticultural Society of Great Britain; Paul Kane, the first great Canadian Artist, preparing for posterity his sketches of the great lone land.

Forerunners of the new era came in 1860, Capt. Palliser, servant of the British government; S. J. Dawson and Henry Youle, sent out by Canadian authorities. On July 15, 1870, Rupert's Land and the North West Territories were united with the Dominion of Canada, the first Lieut.-Governor, Hon. A. G. Archibald, arriving at Winnipeg, September 2, a few days after Louis Riel had fled the prairie centre. In 1874 the North West Mounted Police, formed on the recommendation of Capt. Francis Butler, author of "The Great Lone Land," started their march westwards and the wild days--such as they were--of the West were over.

Engineers coming with the Canadian Pacific Railway in 1883 saw the last of the buffalo. The Indian rule was over and their thinly-veiled hostility meant nothing to the newcomers who had never encountered the wrath of the red man. Missionaries welcomed helpers. Father Lacombe, Archdeacon Tims, the Rev. George and Rev. John McDougall, were in Alberta, their years of loneliness and discomfort nearing a close.

Calgary began to grow. Marked as a strategic position in 1874 by the North West Mounted Police, business men were not slow to recognize this fact. The L. G. Baker company of Montana came the year after the Police, and the Hudson's Bay company in 1884; Col. James F. Macleod coming west with the first contingent of Police, named the tiny fort Calgary, which signifies in gaelic "swift running water," after a place near his old home in the Isle of Skye. In 1884 with a population of 500 persons the town was incorporated and ten years later became a city. In the cities and towns of Alberta are many who remember the brave days before '90, when what was to be the Foothills Province began to reveal what it held in store for men and women who made their homes within its boundaries.

Nestling as the City does in the Foothills and in the shadow of the mighty Rockies, Calgary is known as the "City of the Foothills," but "Sunshine City" would be more appropriate, not only on account of the abundance and brilliance of the sunshine which she enjoys but also for the sunny, happy, friendly disposition of her people. The members of the Canadian Medical Association and their friends may rest assured that a friendly greeting awaits them when they assemble at their 1934 Annual Meeting.



A Section of Calgary with Mountains in the Background

Medical History

THE first physician and surgeon to be stationed in the Calgary district was the late Dr. George Kennedy. He was a member of the first detachment of the North West Mounted Police, which arrived in 1874. From its headquarters in Macleod, his duties as police surgeon took him far and wide and the Force in Calgary was under his care.

The practice of medicine centered entirely about the Police until the arrival of the first civilian medical man in the person of Dr. Arthur Henderson, now of Powell River, B.C. Dr. Henderson graduated from McGill in 1880, where he was associated with the late Drs. Jim Bell and R. H. Mewburn. They served their internship under such men as Roddick, Ross, Wilkins, Gardiner, Shepard, Armstrong and Oster.

"Left for the North-west about 1883," writes Dr. Henderson, "arriving at the end of the track ten miles east of Maple Creek en route to Calgary. Dr. Mewburn having already assumed the duties of medical superintendent of the Winnipeg General Hospital during the fall of 1882. The journey from the end of the track to Calgary was made by canoe in spells, and occupied the following six weeks, fording the Saskatchewan at Medicine Hat and the Bow River at Calgary. I arrived at Calgary on June 8th, 1883, and at once located on the east side of the Elbow River near the old Hudson's Bay Post."



Original Shacks before arrival of railroad, 1883
Left to right—Dr. Henderson, J. K. Oswald, W. T. Ramsey, Archie McVitie



Calgary General Hospital

Shortly after Dr. Neville Lindsay opened an office, and in June of 1884 Dr. R. G. Brett arrived and immediately pushed into the mountains on railway construction work. By 1889 Drs. E. H. Rouleau, J. D. Lafferty and H. G. McKid, were established in practice and some others had come and gone.

It was in the latter year that at Banff the Convention of the Canadian Medical Association was held, and following it the members of the profession from the North-west Territories organized the North-west Medical Association, with the following officers:

Dr. Geo. Kennedy, Macleod ----- President
" Dr. R. G. Brett, Banff ----- Vice-President
" Dr. O. C. Edwards, Qu'Appelle ----- Sec'y.-Treas.

The far flung ranch life and the numerous railway construction camps in the '80s, furnished numerous accidents and cases of sickness, especially typhoid fever, or as it was called mountain fever, which came to Calgary for treatment. As far back as July 2nd, 1884, the "Calgary Herald" voiced the need of a hospital in the following words:

"Benevolence is the handmaid of religion. A public hospital is a necessity where the majority of a community are single men. Lacking the care bestowed on the sick at home an institution is needed that will as nearly as possible supply this. At present the only place for the sick is the Police Hospital. Kindly have patients been cared for while there, but we know not how soon an order may be issued by the authorities at Ottawa for the non-admission of

civilians into the Police Hospital. "It is well to prepare for such an emergency."

Mrs. Pinkham, wife of the late Lord Bishop of Calgary, realized this need and collected certain funds with which to start a cottage hospital. However, some people thought that this would be an Anglican institution, so the money was turned over to a committee appointed by the Mayor, Dr. Lafferty, to establish a General Hospital. This institution was opened in a frame house which still stands at the south-east corner of 7th Avenue and 9th Street West, and accommodated some eight or nine patients.

In 1895 a permanent building was opened on 12th Avenue at 6th Street East, and three years later the Calgary General Hospital graduated its first nurse, Miss Marion Moodie. Fifteen years later the hospital moved to the present site, north of the Bow River.

The General Hospital Board carried on for twenty-four years, but in 1914 an agreement was executed between the City and the Board for the formation of the Calgary Hospitals Board, which assumed control over the General Hospital, Mountview Hospital, the Isolation and Smallpox Hospitals. In 1919 these institutions became civic responsibilities and have so continued.

Holy Cross Hospital

Forty-three years ago there arrived in Calgary four Grey Nuns, to start a hospital. They occupied an unfinished building twenty-four feet square, two stories in height, and situated on 19th Avenue West, near St. Mary's School. The building still stands. Soon this hospital of four beds was too small to meet the needs of the community and district. The very devoted service rendered by the Superior, Sister Carroll, through many years, is still fresh in the memories of many citizens.

In Nov. 1892, a permanent hospital on the grounds now occupied, was opened, and since then has been operated continuously. The present splendid modern hospital was opened in the spring of 1929 and has accommodation for three hundred patients.

The training school was opened in 1907. Five nurses received diplomas three years later, and since then four hundred and two have graduated.



Holy Cross Hospital

Just when or how the Calgary Medical Society was organized is uncertain, but since the first decade of this century it has been functioning regularly. Medical history was further made in Calgary in 1906, when the organization meeting of the Alberta College of Physicians and Surgeons took place in the old Alexander Corner building.

The medical profession of this City and District has striven continually to render to the community loyal and efficient service, not only in its peculiar sphere of activity, but in public affairs as well.

The late Dr. H. G. McKid, a pioneer surgeon of this City, and for many years chief surgeon of the Canadian Pacific Railway for the Alberta district, was President of the Canadian Medical Association in 1911. To the late Dr. F. H. Mewburn, who practised a short time in this City, came the honor of being the first occupant of the Chair of Surgery in the University of Alberta, and to this position he brought that charming personality and wealth of experience gained through many years of frontier and city practice in Lethbridge, as well as extensive service over seas during the Great War.

The late Dr. Lafferty served the City as Mayor. While Dr. Rouleau did not seek public honor, he brought to this community the culture of a French gentleman, and played a very considerable part in unifying the various interests of this City.



Central Alberta Sanatorium near Calgary

THE history of Calgary as a community of white people, extends over a period of barely fifty years. During that time it has passed through all the phases of pioneering, settlement and growth. Without losing the resilience of its youth or the romance and glamour of its origin it has grown up. Its romance and its glamour are derived from the Mounted Police, the Indians and the Cowboys who still pleasantly colour its corporate fabric. Its artistic hopes and its cultural aspirations lie in the living and vital blend of many races which can with pride and propriety be called "Young Calgary." One of the precious jewels of adversity — the sign-manual of adventurous youth is the desire for self-expression and the determination to seek and create beauty not in far-away places but in the gardens and the hearths and homes of the people. Calgary's artistic achievements are perhaps small, but as long as symphony orchestras, dramatic societies and art schools flourish and nearly every home, however poor, offers the owner and the passer-by the benediction of a flower garden, the future of our children should lack neither creative promise nor the abiding compensation of beauty.

Calgary as a Centre of Musical Culture

By Annie Glen Broder

THIER comes a time in the aesthetic development of individuals and cities when nothing but the best attainable will satisfy the need—a consummation that in Calgary has happily been reached. While busy settlers were building for a practical future, other enthusiastic pioneers looked ahead for favorable signs of a love for music in its highest forms. In a comparatively short period these hopes have been fulfilled, and in a manner peculiar to a young country where a start had to be made from the ground up.

Music is woven into the warp and woof of organic life in so many ways as to have the most intimate appeal of any of the Arts. The most democratic, it is yet the most uplifting, so far that reason more satisfying in symphonic than in any lesser form of lyrical expression however lovely, demonstrating, as it does, in eloquent tones and colorful combinations the heights and depths of joy, sorrow and aspiration felt in a community emerging from valiant struggle, the strenuous strands of which have been nourished and strengthened by the concords and discords that have entered into and enriched the harmony of life.

It is not surprising, therefore, that Calgary, advantageously situated between the rolling prairies and the Rockies, on a world's highway, and of an altitude conducive to buoyancy and enterprise, has succeeded in making for itself a significant musical reputation. Remarkable talent has been fostered; new choral and instrumental works (for the first time in Canada) have been produced; close association has been kept with the latest developments in England, Europe and the States; and a quite definite lead been given and maintained among other progressive music centres of the West.

Of this fact, the formation and reputation of the Calgary Symphony Orchestra afford the highest proof. Kindly encouragement from an artistic source—the Massey Foundation—though not before initial effort and marked improvement in achievement had been made, convincingly shows that recognition has been accorded to its merit in the East, and the pronounced approval of Old Country adjudicators has authoritatively established its status as an organization to be reckoned with. Under the baton of a skilful



CALGARY SYMPHONY ORCHESTRA

conductor, Grigori Garbovitsky, the finest classics and thrilling, exotic works are included in its concert programmes, so that distinguished visitors to, or future residents in, the Foothills' City can be assured that there really exists in it a "live" orchestra largely contributive to the health and happiness of appreciative inhabitants and to the musical credit of Canada.

Grigori Garbovitsky



FOUNDER and conductor of the Calgary Symphony Orchestra whose outstanding ability and experience have given this organization a leading place amongst symphony orchestras on this Continent.

Born in Russia, and educated at the Conservatoire of Music in St. Petersburg, where he was a scholarship pupil of Leopold Auer, he gained the highest and most coveted award of that famous institution, namely, the "Laureatship of the Conservatory."

Studying composition under Glazebow, he was

privileged to know many of Russia's famous contemporary musicians and composers.

Besides being the founder of the Calgary Symphony Orchestra, he has organized the Calgary Junior Symphony Orchestra, the Calgary Ladies' String Orchestra and the Calgary Jewish Choral Society.

Many pupils of Mr. Garbovitsky's are enjoying scholarships in London and elsewhere, and his untiring energy in musical work has done much toward making Calgary a centre of culture and refinement.

The Fine Arts in Calgary



Mr. A. C. Leighton THE Alberta Society of Artists was formed three years ago by a number of local painters and others interested in the Fine Arts. It operates under a Provincial Charter, and its object is to foster and promote the development of all the fine arts by holding exhibitions, displaying work done by its members within the province; by sponsoring travelling exhibitions of work from other provinces and countries; to organize and assist in the foundation of Art Clubs and to endeavor to establish permanent Art Galleries. Exhibitions have been held regularly in Calgary and Edmonton which have been well patronized. Mr. A. C. Leighton has been president of the society since its inception.

Mr. Leighton is the director of the Art Department of the Institute of Technology and Art in Calgary. He is a member of the Society of Royal British Artists and was trained in England. He has held several important commissions in Art and is an exhibitor at the Royal Academy, London; the Paris Salon, France; and Royal Canadian Academy. His work is to be found in many public galleries.

Apart from the Fine Arts, the department under Mr. Leighton's direction is concerned in the development of Art and Crafts. Motifs and subjects found in the natural environs of the foothills and mountains hold great possibilities of originality in design of very distinctive character. After a brief career of only five years, the attendance of the department has increased to over eighty students enrolled for the 1933-34 season.

The Calgary Sketch Club has an energetic membership of over fifty. Monthly meetings have been held where criticisms of members' work has been arranged. Often as many as forty canvasses have been shown. During the winter, a group of members have worked from the model, studying life drawing. In the summer, sketching from nature has produced quite good work. A well attended exhibition of members' work has been held each year, at which over one hundred works of different media have been submitted.

Dramatic Art

THE Dramatic Art is well represented in Calgary by numerous organizations of varying strength among which the central figure is The Calgary Theatre Guild. To say of the Guild either that it is a new organization or an old would be equally incorrect. It was organized in September, 1932, by an amalgamation of the Calgary Little Theatre Association and the Green Room Club so that it is in its second season and still under the chairmanship of its first president, Mr. P. A. Carson.

With Mrs. W. Roland Winter in the leadership the Little Theatre Association had flourished before and in the early years of the war, but became dormant, in common with many other activities, during that period. In 1928 the Green Room Club was organized to take its place with Mr. R. L. Bishop and Miss Betty Mitchell taking the initiative. The principal work of the organization during that season was Barrie's "Alice Sit by the Fire," but the activity was sufficient to stir neighboring communities with the result that the Alberta Dramatic League was formed, and the first Dramatic Festival ever held in Canada was conducted in the Grand Theatre, with competing troupes from Edmonton, Calgary, Medicine Hat and Lethbridge.

Last February the city of Calgary was host for the third time to the Alberta Dramatic League, when the festival was attended by eight competing organizations, with Mr. Rupert Harvey as adjudicator. Due to the impetus given to the drama by the Green Room Club, and continued by the Calgary Theatre Guild, competitors are now enlisted from large organizations and small—from the players of the University of Alberta at Edmonton; to those of the little Rocky Mountain town of Banff, an organization which carries on excellent work. Incidentally, Captain Alexander Ramsay was author of "Coercion," a one-act play entered in last February's festival. E. J. Thorlakson, Calgary, was author of "Derelict" produced by the University Players on the same occasion. Mr. P. A. Carson is the author of a one-act comedy, "The Truth Serum," which the Guild produced. From Bendyke Burleigh's pen also came "Workers In Fire," which was produced for the Women's Canadian Club later in the season.

Not content with these local accomplishments and participation in dramatic events of provincial and national scope, the Theatre

Guild, on the initiative of a former secretary, Mr. F. S. Dyke, this year instituted a Calgary Local Dramatic Festival and though this was not a *fait accompli* at the time of writing it is sufficiently indicative of the activity aroused by the Guild to record that twenty-five Calgary Dramatic organizations had made inquiry with a view to entry.

The Guild's major effort during the first season of its revival under the new name was Barrie's "The Admirable Crichton," produced under the direction of Dr. E. H. Fish, and in the second - the present - season "Autumn Crocus," which Mr. A. T. Proctor, the secretary of the Guild, produced.

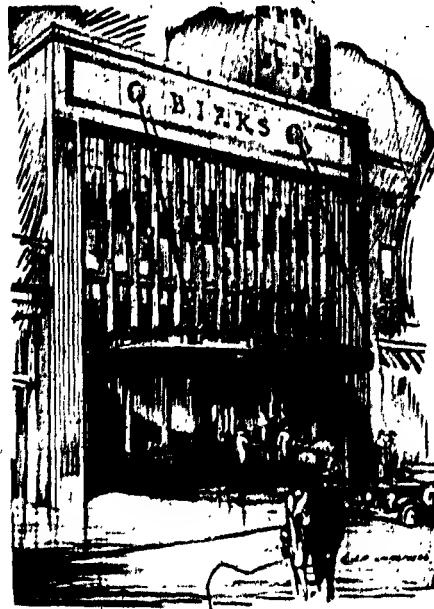
It will be seen, therefore, that while the drama is something of a post-war revival it has a leading place in the artistic and cultural life of the city of Calgary.

A Bit of Regent Street in Calgary

THE finest jewellery store in Western Canada, an architectural gem, houses the Calgary business of the continent-wide institution of Henry Birks & Sons Limited, diamond merchants, goldsmiths and silversmiths.

Calgarians are justly proud that Birks, with half a century of traditions behind their organization, should establish such a fine institution in Calgary.

Faith in Calgary and in its future as an enterprising centre of trade could be the only influence that



would guide Birks along the course they have taken.

Fifty Years' Service

TURN back the pages of Calgary's history 50 years. The little settlement was stirred one hot August day in 1883 by the odor of printers' ink permeating the air near a tent on the Elbow river, and the appearance of the first newspaper in the foothills country, the *Calgary Herald*.

The long reign of the Red River cart was broken; the first train had a few days previously steamed its way in from the East; the vision of vast development was definitely taking shape.

Passenger stages then covered the distance between Calgary and Edmonton in four to five days; merchandise was transported north and south of Calgary in freighters' wagons; grain raising was a forlorn hope of the future; ranching a rapidly growing industry but still in its infancy.

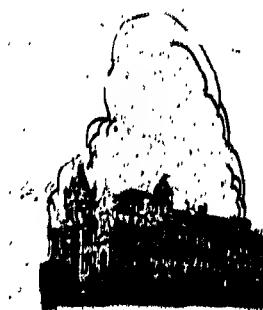
First editions of *The Herald* prophesied with remarkable accuracy what the future held in store for the prairie outpost: Calgary would become a large and thriving commercial centre, a grain-marketing outlet of prominence, an industrial and agricultural metropolis of national importance and grow into a big city with the aid of rich natural assets.

It has been the privilege of *The Herald* to expand during these fifty eventful years with the community it serves. It has recorded the progress of the country, the people, and all the varied enterprises of central and southern Alberta over a span of constructive history which must serve as an inspiration to this and coming generations.

Calgary citizens loyally supported the lusty young *Herald* in its early years. They have given it vigorous backing ever since. As a result it stands today as one of Canada's great newspapers, proud of the achievements of the first 50 years, confident of the future and ready and equipped to provide the fullest measure of service to the city and country that a progressive age demands.

Early in 1884 *The Herald*'s editor expressed a hope that the proposed daily would win its way into practically all the homes of Calgary—in 1934 *The Herald* can truthfully say that this has been done.

Progress of Education in Alberta



A Calgary School

WHILE along general academic lines the educational system of Alberta follows closely that of the other provinces of the Dominion, it is noteworthy that for a young province it holds a place in the forefront with respect to technical and vocational training. In this connection particular attention is paid to the teaching of agriculture, the basic industry of the province. This study begins in the public schools, develops through the high schools and is completed in the University of Alberta, where the Agricultural Department is one of the most important in the whole course. In addition the government operates schools of agriculture where special courses are available in connection with demonstration work.

Technical training as an adjunct to the regular academic courses was first introduced in the city of Calgary as manual training and household science. Vocational training followed for public school pupils, and today there are technical high schools in the cities, while at Calgary is situated the million dollar Provincial Institute of Technology and Art with courses so varied that it is possible for students to pass from it into almost all branches of industry with sound grounding in their various techniques. A particularly interesting and promising Art Department has been developed in connection with the Institute with an enrolment of some eighty students.

Commercial education is not overlooked, either, city school boards making provision for that branch as part of the regular high school course or, as in the case of Calgary, in a commercial high school.

Training for teachers is available in three extensive Normal Training Schools, one of which is situated in Calgary. It is from these schools that teachers are drawn for all the public and separate schools of the province. Particularly in the rural areas, as they have become populated, has educational development been marked. In the past fifty years from the first school district formed in Calgary with about ten pupils, the provincial system has

grown until it now embraces a total of close to 3,400 schools, with an estimated pupil attendance of 170,000.

In addition to the educational facilities offered under the department of education, there are numerous private schools and colleges. Among these in Calgary is Mount Royal College, affiliated with the University of Alberta where the regular high school curriculum is followed, as well as courses in Music and Art, and also Second Year University work, leading to the B.A. and B.Sc. Degrees. St. Hilda's residence school for girls is another Calgary educational institution of note.

As an indication of the passion of the citizens of Calgary for education it is worthy of note that their outlay to date in capital expenditure for schools is nearly six million dollars, every section of the city's area being well served in this regard. And that the people of this province have full regard for education in its higher branches is indicated by the record of the University of Alberta. In 1908 this institution of the arts and sciences opened its doors with an enrolment of 42 students. In the university year of 1932-33 about 2,000 students attended lectures there.

While the mental development of Alberta young people is a first charge upon the educational institutions, the physical is by no means overlooked. Regular physical drill is included in the curriculum of all schools and colleges. In addition the pupils are encouraged to participate in organized outdoor and indoor games. City and Provincial school leagues in hockey, basketball, football and baseball, keep the young people busy during spare time at all seasons of the year, either as active participants or enthusiastic "rooters" in the audience.



Provincial Normal School and Institute of Technology and Art, Calgary

Health, Recreation and Sport

66 CALGARY The City of the Foothills", is sufficient introduction to "Create an imagination", in the minds of strangers, of a beauty spot of nature, nestled among the hills. In the background are to be seen majestic mountains whose changing beauty and grandeur are ever to be admired. An altitude of 3,500 feet above sea level, along with the perpetual sunshing of southern Alberta, makes our city a most desirable and pleasant place in which to live. The summer heat is never oppressive, and winter cold is never unbearable.

In these beautiful surroundings, with its ideal climate, is situated a real "Sportsman's Paradise." Within a few hours' ride from our City the hunter may pitch his camp, and without moving it secure a full bag of every specie of big game—moose, elk, big-horn sheep, rocky mountain goat, deer, and grizzly, black and cinnamon bear. Nearer still, partridge, prairie chicken, ducks and geese in countless numbers, may be obtained in a single day's shoot.

The numerous streams and high altitude lakes delight the fisherman enthusiast. Great Lakes trout, weighing from five to forty pounds may be obtained, and the streams are teeming with many sporty trout. The fly, bait, spinning, or troll fisherman will find his heaven here.

For the motorist, our mountain roads lead through the most beautiful scenery in the world. Banff and Lake Louise are within two or three hours run. From the highway many branch roads lead to unrivalled scenic gems. At the Great Divide, the very high ridge-plate of the roof of this continent the motorist passes from one province to the other—from Alberta into British Columbia. In no other part of the world is such an abundance of wild life to be seen alongside motor highways, and this constitutes one of the greatest charms of the Canadian Rockies. The black bear are ever alert to beg alms from the motorist. If one wishes to leave the motor highway there are trails along which only horses can travel, leading to beauty spots inaccessible to the motorist and if one wishes to push further into the wilds, pack train tours lead through mountain passes, and above the timber line to the great Glaciers of the Rockies.

Returning to our "City in the Foothills," we are well supplied with Golf Courses and Clubhouses. Here natural hazards abound, and one must play good golf to fully enjoy the sporty course.

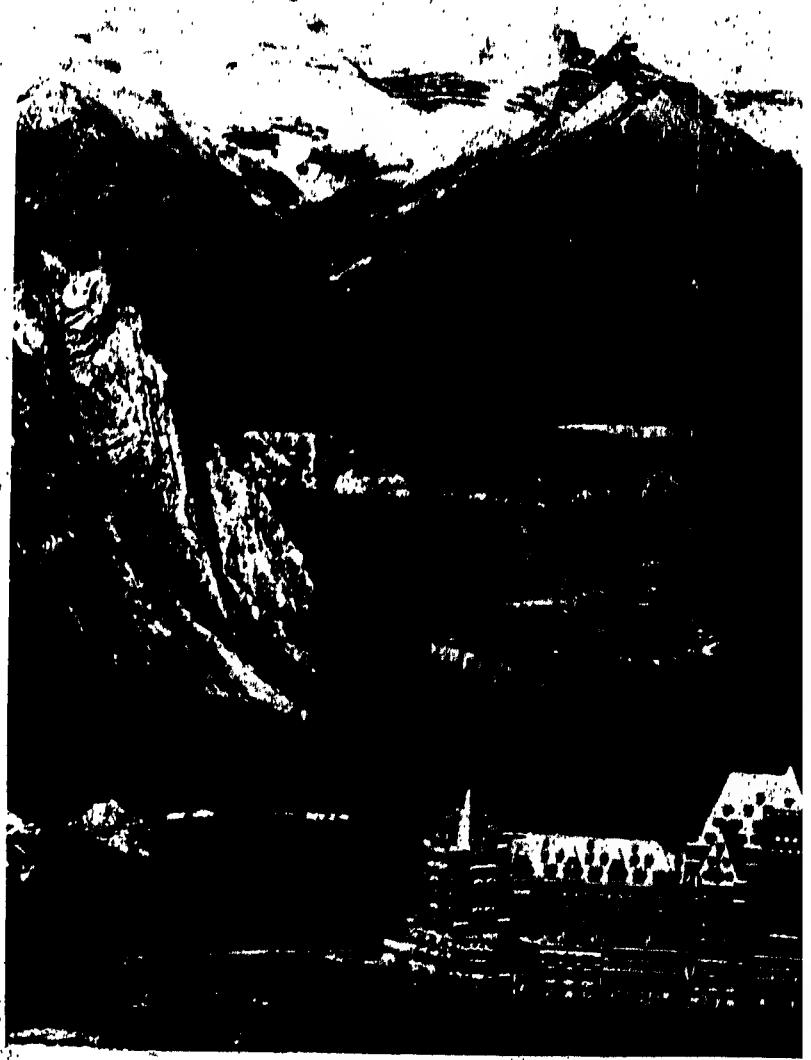
Probably no other City in Western Canada can claim so many branches of sporting activity as does Calgary. Practically every branch of athletics suitable to the climate is conducted in this City. While other cities can claim to give greater support than Calgary in certain individual sports, the Foothill City stands in a class by itself for supporting a huge variety of sporting enterprises. In the fifty years that have passed since Calgary was put in railroad communication with the rest of the world, local residents have witnessed many outstanding accomplishments in the realm of sport. In the Mewata Stadium, a civic pride, operated by a commission, including some of the leading sportsmen of the City, Calgary supports the greatest playground in Western Canada, and second to none in the entire Dominion.

Calgary has had professional baseball off and on for the past twenty-five years, being linked up with teams from Winnipeg, across the Prairies to Tacoma, Washington. During the year 1920 Calgary broke all minor league records for attendance in this sport having played to over one hundred thousand people in one season, and sent a large number of players to the big leagues.

In the professional field it may fairly be said that Calgary has helped in no small way to make hockey history.

This year Calgary can boast of about 30 of its players who graduated out of junior ranks in recent years and are now starring in professional ranks in Eastern Canada and in the United States.





Banff Springs Hotel and Bow Valley at Banff,
hours drive from Calgary over hard



Courtesy of Canadian Pacific Railway

*Id Bow Valley at Banff, Alberta—less than three
from Calgary over hard surfaced roads*

Philanthropical Institutions

FOR providing home comforts for the unfortunate aged, and helpless children, Calgary is justly proud of its Old Folks Home, the Wood's Christian Home, the Booth Memorial Home, and the LaCombe Home.

The Old Folk's Home has accommodation for forty patients, it has well-appointed, large rooms, and spacious grounds. Inability to care for oneself is the admission requisite, the average age of its inmates is seventy-five years. It is administered by a competent Board of Trustees.

Approximately one hundred children are being trained for useful citizenship in the Wood's Christian Home, at Bowness. This Home was founded by the late Rev. George Wood and his devoted wife who is the matron of the institution at present, in 1915, and from a modest start has assumed the proportions of a large Home with its own school for all the primary grades, and with every medical and dental care voluntarily given by professional men of Calgary. It is administered by a Board of Trustees composed of prominent business and professional men and women from Calgary and vicinity. Its income is purely from public subscription.

The Booth Memorial Home, situated on five acres of land within the city is operated by the Salvation Army, and is a model of usefulness in attending to the needs of the children who are placed therein; since the opening of the present building in 1922 about



Wood's Christian Home

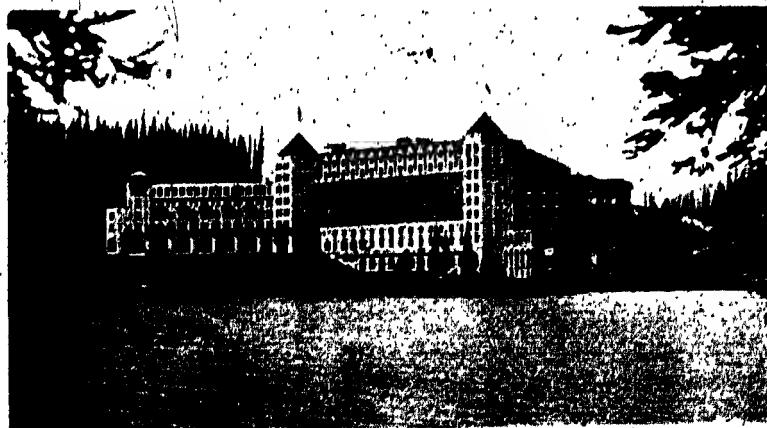
one thousand children have been trained into useful citizenship through its efforts.

The Lacombe Home, called after that great pioneer missionary, the late Father Lacombe, is operated by the Sisters of Providence, and is complete in all particulars including school and chapel. It is situated on two hundred acres of land, the gift of Senator Patrick Burns, and cares for children and old people. Since 1910 upwards of one thousand five hundred children and five hundred old people have passed under its capable management. This Home is dependent upon voluntary contributions for its maintenance, and as all classes and creeds are admitted, the Home has a warm place in the hearts of Alberta citizens.

Lake Louise--Gem of the Rockies

CANADA'S magnificent scenery so enthralled Lord Macmillan, chairman of the Royal Commission on banking, that Scotsman though he be, he confessed that prior to sailing for England, that it dwarfed the scenery of Scotland, and that the only thing needed was for some author to blend it with the romantic scenery of Canada, as Sir Walter Scott had blended the scenery of Scotland with the romantic history of Bonnie Prince Charlie.

His description of Lake Louise was that it seemed to him almost a celestial vision.



Ranching and Agriculture in Alberta

THREE-QUARTERS of a century ago, Captain Palliser, making a study of Northwestern Canada for the Imperial Government, wrote in his report, concerning the territory that is now Alberta, that "they grow tolerable wheat, and horned cattle continue out the winter long, and still thrive." Had Capt. Palliser waited but a scant twenty years longer to write his report, he could not have dismissed in so airy a fashion, the agricultural possibilities of this territory, for he could scarcely then have escaped at least a dim vision of the Alberta that was yet to be, the Alberta of vast herds of high quality beef cattle, the Alberta of a modern, many-sided agriculture which was to build for itself an enviable reputation before the world for high quality over a wide range of products.

Twenty years after Capt. Palliser's reports, witnessed the beginnings of the immense ranching industry that was to make Alberta famous as a cattle country. Millions of acres of luxuriant grasses, covering hundreds of square miles stretching out from the foothills of the Rockies, across the plains of Southern Alberta, watered by hundreds of sparkling rivers and pure springs, rolling hills and bluffs of brush, deep valleys and snug, well-protected river bottoms, such was the rancher's paradise so well described by L. V. Kelly in his "Rangemen." Such was the paradise that, in the late seventies and early eighties, lured the cattle man from across the international border, who for twenty years or more were to hold sway over Alberta's plains.

Ranching was essentially the beginning of land enterprises on any scale in Alberta, and Calgary was the logical centre for these activities, so much so, in fact, as to earn for itself the sobriquet of "cow-town." The struggling pioneer town that was to become the "City of the Foothills" was the main shipping center for the hundreds of ranches that very quickly established themselves over the southern range lands, and from which for many years beef cattle of the finest type went forward to top the Chicago markets. These romantic days, into which is woven much of the early history of the Mounted Police, have long since been engulfed in the onward sweep of modern agriculture; but their traditions and their



Farm Scene North of Calgary, Alberta

atmosphere are faithfully preserved from year to year in the Calgary Stampede, held each year in July, and one of the largest and most colorful events of its kind on the continent, where old-time cattlemen gather and live over the pioneer days. Ranches there are still to-day, but for the most part they have been crowded back into the foothills, where there still clings about them some of the romance of the good old cow-punching days. A few of the figures who were giants of wealth and power in those days are still with us, but most of them have answered the call of the last round-up. Two of the surviving old timers, Dan Riley and Pat Burns, occupy senatorial seats at Ottawa. Geo. Lane, A. E. Cross, Archie Maclean, who with Pat Burns formed what was known as "The Big Four," have all gone.

For twenty years, ranching was the big industry, but with its growth, came the rush of railroad construction through the west, and with that activity, came the beginning of Alberta's dairy industry, now one of the most important branches of agriculture. The railroad camps furnished ready markets for dairy products and poultry, thus Alberta saw the beginning of its mixed farming

enterprises. The new Mormon settlement in the south-west, had its butter factory, and in the middle eighties, Calgary became the centre of a rapidly growing dairy business, following upon the vote of \$15,000 made in 1890 by the Ottawa government for the encouragement of dairying. Government creameries were established in that year in Calgary, Edmonton, Wetaskiwin and Red Deer.

Wheat growing was little known then. Less than 100,000 bushels of wheat were produced in 1891, the year of the first census of the new territory, but in the same year, thousands of head of cattle were shipped out, and 406,000 lbs. of butter were made. Wheat growing as a business did not come till later.

The turn of the century brought into force new immigration policies at Ottawa, for the west, starting the great tide of settlement that swept across the prairies and almost wiped out the ranching industry. Many of the big range leases were cancelled and the land turned into homesteads, soon to be converted into vast waving fields of wheat. Americans poured into the new settlement areas, and their thousands of plows were soon ripping up the ranges, in the eagerness to reap the rich harvests of grain from the virgin soil. The wheat era had arrived. While there are ranches still operating to-day, livestock production has become largely one of farm breeding and finishing.

The next twenty years were those in which Alberta established its possibilities for mixed farming, and grain production. In the 30 years or more which have elapsed since the homesteaders began to pour into the south, Alberta has increased its wheat acreage from less than 100,000 acres to approximately eight million acres, and its acreage in oats and fodder crops from 70,000 to nearly five million acres, while the total acreage under cultivation has grown from half a million acres to over 18 million acres.

The dairy industry has made rapid strides. From its early beginnings, the industry now yields an annual value in products of more than \$12,000,000. In 1933, a new all-time record for creamery butter was established, with an output of 23,700,000 lbs.

In 1932 the province raised the tremendous crop of 170,000,000 bushels of wheat, almost as much as Canada exported.



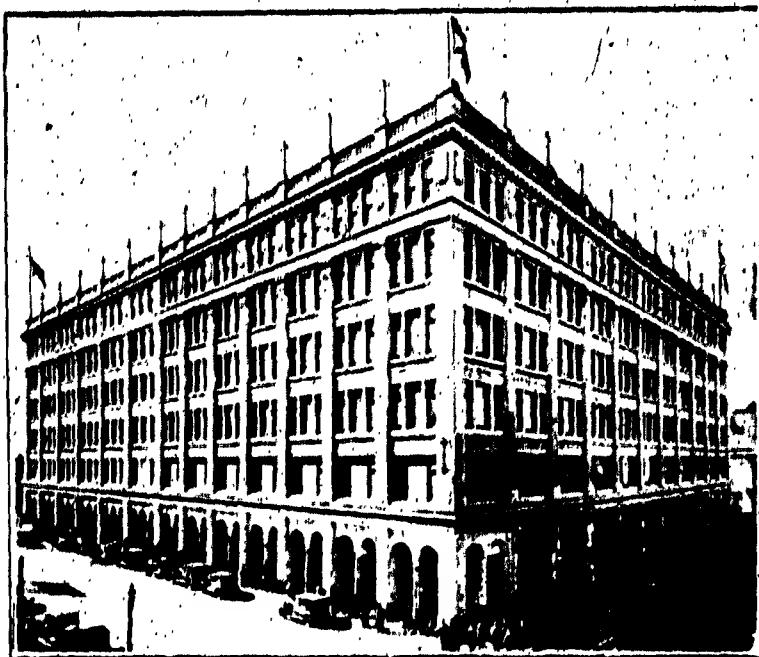
View of the E. P. Ranch, owned by H.R.H. The Prince of Wales,
South-west of Calgary, Alberta

last year. Attention to pure seed production during the past ten years has placed Alberta in a premier position in the world in this respect. In ten years, seven world wheat championships have been won by the province, and as many championships in oats. At the world grain congress in Regina last year, the greatest exhibition of its kind ever held, Alberta growers captured more than \$24,000 in prize money, taking 85 per cent. of the prize money in wheat, and a similar amount in oats.

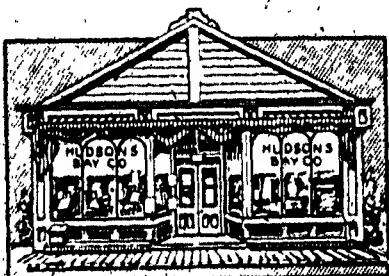
Similar victories have been won in livestock at the large fall exhibitions at Chicago and Toronto. In ten years, the province has taken some 2,300 prizes all told at the royal show in Toronto, in both grains and livestock. At Toronto last fall of the 247 prizes taken by Alberta, 69 were in dairy cattle and 66 in beef cattle, with several championships, while 37 prizes and one championship were taken in poultry.

Irrigation projects in Southern Alberta have developed mixed farming in these areas, and production of sugar beets, which has become a large industry.

Sheep ranching is another large branch of agriculture in the province, last year some 3,400,000 lbs. of wool being clipped.



IN 1884 the Hudson's Bay Company established a Trading Post in Calgary. In its place now stands a modern six-storey department store. The span of years between has seen a prairie trail become a transcontinental railway, a cluster of log huts become a thriving city and an endless plain become one of the world's richest farming lands. The march of medical science is hardly more thrilling than the romance of these achievements.



We are justly proud of this store of ours and of the tradition with which its name is connected. We invite you conventioners, when in Calgary, to visit this "city within a city" and avail yourselves of all its facilities.

Natural Resources

AGRICULTURE is Alberta's premier industry. Its area of present improved land in farms is practically eighteen millions of acres; its estimated good agricultural area is ninety seven millions. As a mountain-prairie province much good land lacking in moisture is easily irrigable and at present over 335,000 acres are under irrigation. Championship grains are grown as far as seven hundred miles north of the international boundary.

Her sugar beet industry in 1932 netted forty-five million pounds of sugar. Though the early cattle ranching days have passed Alberta is still the outstanding beef cattle producing province. Mixed farming is growing in favor seven ninths of the farms reporting poultry flocks.

The coal resources of the province are stupendous comprising fourteen per cent. of the known resources of the world with an estimated reserve of 1,059 million of tons. There are two hundred and eighty-three mines operating in the province. The coal mining centre nearest to Calgary is Drumheller—a distance of some ninety miles—improved highways and railroads connecting.

Alberta is one of the largest petroleum producing provinces with an annual output of about a million barrels. The largest field is Turner Valley some forty miles south-west of Calgary.

Several large and very important gas fields exist in Alberta so that the cities and many towns are supplied. Gas is produced in such quantities as to be available not only for heating and cooking in the homes but also for use by large industrial concerns. As a partial mountain province there is an immense available water power. Nearly 80,000 horse power have been developed, distributing electricity to the cities and most of the towns being supplied.

High quality furs are still a very important product, over eight hundred thousand dollars worth being marketed in 1932.

The large northern lakes contain immense supplies of fish and this resource is being developed in recent years.

One of Alberta's Natural Resources that should be mentioned, and which is available only to the resident, is the wonderfully clear air plus the many hours of glorious sunshine throughout each year.



Albertan in Thirty-third Year of Service

PEAKS of prosperity and valleys of dim perspective are the companion road of newly established western newspapers. All of them have experienced the rigors of uncomfortable journeys through chilling financial conditions, without sufficient resources. In the thirty-two years of its existence as a daily morning newspaper the *Calgary Albertan* has had no unique lot in this respect.

Established first as a supplementary bulletin to an existing semi-weekly the *Calgary Tribune* and *Albertan*, the newspaper has not failed to continue its service to the public since then. It has seen several other morning newspapers come and go in the province, and now remains in its thirty-third year, the sole morning daily in the whole of Alberta.

Today fully equipped with the most modern machinery in its own, up-to-date and commodious offices, it has travelled far from the conditions under which its first number was presented on April 10, 1902. Hand-set type, impressed on paper through the efforts of a manually operated press, then epitomised the sole mechanical and technical resources of the budding daily. The picture at the head of this article reflects the difference between those days and these.

Alberta--Canada's Natural Gas Province

In picking out the good things for Alberta, Nature gave long hours of clear brilliant sunshine with a peerless hand. And then, as an extra gesture, gave Alberta the means of keeping this sunshine forever clean and free--the greatest Natural Gas fields in the British Empire.

From one end of the province to the other, Natural Gas has been discovered in varying quantities. Today it is distributed throughout the cities of, Calgary, Edmonton, Lethbridge and Medicine Hat. Also it completely supplies twenty towns and villages as well as numerous farms along the pipelines. Hotels, commercial buildings, apartments, churches, etc., all use this "Fuel via a Pipeline".

Ninety-five percent of the homes in the southern centres are gas heated, and practically every industry uses this flexible fuel for all their heat requirements, including the intense and unvarying temperatures necessary in certain processes of manufacture. Yet under their very chimneys one can still breathe the clean, fresh invigorating air that the pioneers gloried in.

Women have been quick to appreciate the economy and convenience of this great Natural Resource. Calgary, for instance, has more gas ranges per capita than any other city in the world. The claim can therefore be justly made that nowhere else in the world does the average home enjoy such a high standard of comfort, cleanliness and freedom from unnecessary house work.

In its distribution some 950 miles of pipelines are needed.

More than 125,000,000 cubic feet of Natural Gas are used daily during extreme cold spells, though the famed Alberta Chinooks often reduce this to near summer consumption.

The general and enthusiastic use accorded Natural Gas throughout Alberta is a far step from the early Greek superstition that Gas was a supernatural agency and the home of a God, a belief made famous through the Oracle of Delphi.



Calgary's Churches

THE moral and spiritual needs of Calgary citizens are exceptionally well served through the activities of a wide range of religious organizations in which all the denominations and most of the cults have representation. This city is the ecclesiastical centre of the Anglican Diocese of Calgary, His Lordship, Right Rev. L. R. Sherman, being the bishop in charge. It is also the ecclesiastical centre of the Roman Catholic Diocese of Calgary, of which Right Rev. P. Monahan is the presiding bishop.

Church edifices of Calgary, of which the pictures on these pages are a fair sample as to architecture, are numerous and it is characteristic of the spirit of Calgarians that their church buildings are planned with special regard for utilitarian purposes. In other words there are operating in close association with the churches many week-day and evening affairs of social, recreational and educational value, using the church buildings for their purposes.

This city is noted for the generous support given by its citizens to religious causes, and for their consistently regular attendance at public worship services. It is also in the forefront in Sunday School work. The activities of young people's organizations connected with the churches are very widespread. Some of the best debaters in the province have been developed through the debating league that embraces young folks from various denominations. Various activities are planned to win and hold the interest of the youth of the city and district.



The Calgary Exhibition and Stampede

THIS annual event is one of the best known on the continent.

The Stampede was incorporated as a feature of the Calgary Exhibition in 1923. It was first held in 1912 and again in 1919.

The Calgary Exhibition each year brings together a representative exhibit showing the resources of the Province. The live stock exhibits indicate how well Alberta is adapted for the raising of cattle, horses, sheep, swine and poultry.

In addition to the exhibits, there are a number of features of special interest to patrons. The week's events open with the colorful Stampede Parade, about four miles long, with Indians, old timers, chuck wagon outfits and cowboys, using over a thousand horses. Two or three mornings during the week there is an up-town street display with gorgeously dressed Indians, chuck wagons, etc.

Mr. John Edgar March, writing in the July, 1933, issue of Canadian Homes and Gardens, said, "It is par excellence the frontier show. In its pulsating, thrilling moments, lives that spirit of adventure, courage and hardihood which made possible the conquest of the West.

It is a show of and by the range folk. Its daring, and its spirit of adventure, attract thousands of visitors, happy, milling, excited, ejaculatory visitors from cities and towns far and near,



The Thrilling Chuck Wagon Race

city folks who go buckin' horse mad, and who learn, as the thrill-packed days roll on, to pronounce rodeo with the proper western accent on the "de" which mysteriously becomes "day" as in roday-O, and to know that excited yells of "rake 'em cowboy" do not necessarily involve the well-known instrument with which they clean their lawns.

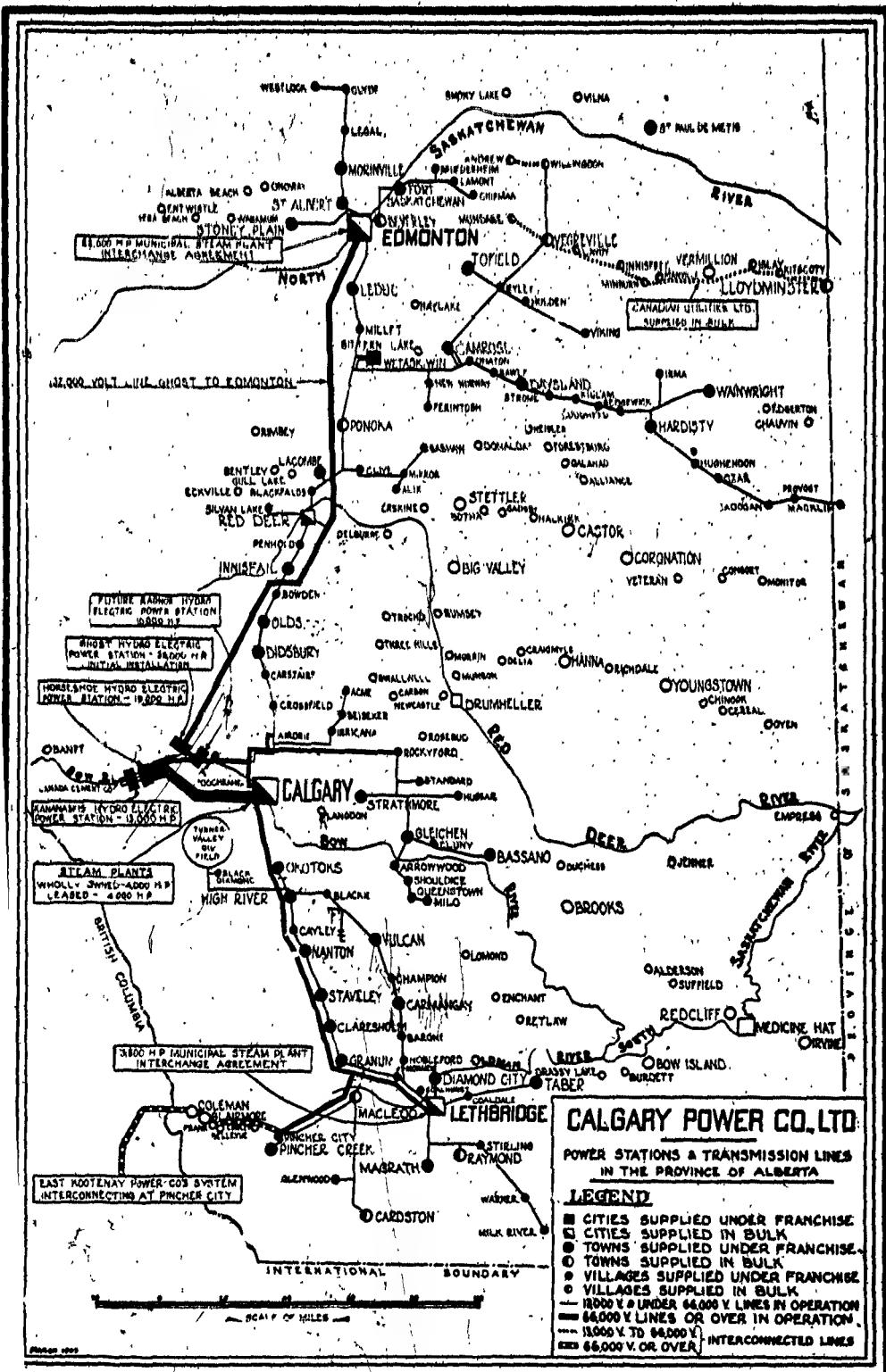
The town within easy limits is wide open. Cowboys own the streets and they appreciate it. Zing goes a rope, snap it tightens around a visitor and the captive is led to a chuck wagon stationed on a street corner, and there fed range-cooked pancakes, or beans, or what-have-you right off the stove. "Eat up, mister," says the cook, and the visitor eats. It is very wise to eat."

The programme of attractions each afternoon includes seven running races and the world famous Calgary Stampede. Among the Stampede events are bucking horse riding, wild steer riding, wild steer decorating, calf roping, wild horse races, wild cow milking. The world's best riders from Canada and the United States are contestants. There were 520 entries in the last Stampede.

The evening programme features the famous chuck wagon race, in which there were thirty outfits last year. As each outfit includes eight horses, a total of 240 horses participated in the thrilling race. An exceptionally fine theatrical production, gorgeously dressed Indians, mammoth fireworks, combine to make these programmes outstanding.



They decided to part company



Electric Power in Alberta

ALBERTA, a Province endowed with many natural resources, occupies an enviable position with respect to the economical production of electric energy from water, coal, natural gas and oil.

Within the past five years Calgary Power Company brought into operation their new Hydro Power Development below the confluence of the Ghost and Bow Rivers West of Calgary, supplementing their Hydro Developments at Horseshoe and Kananaskis situated on the Bow River some fifty miles west of Calgary.

The Grid System of transmission lines as shown on the opposite page has been built with a view to further expansion when conditions warrant it.

Interchange agreements exist between Calgary Power Company and East Kootenay Power Company, City of Edmonton and City of Lethbridge. These agreements not only cut down production costs but provide continuity of electric power service throughout the Province. From a medical standpoint this is essential in the operation of electro-medical apparatus in the various hospitals.

Serving Calgary from "Cowtown" to Metropolis

TOOLE, PEET & CO. Limited are the largest and one of the oldest financial and general agency firms in Alberta. They deal in mortgage loans, stocks, real estate and rentals, besides being general insurance managers with agencies all over the Province. The Toole, Peet Trust Co. acts as executor and trustee.

This firm has been dealing with the Calgary and Alberta public for the past thirty-seven years. When it started, Calgary's main distinction was that of being the leading "cow town" of Western Canada.

Today, Calgary is recognized as the Financial and Industrial metropolis of the vast agricultural territory known as Alberta.

The office of Toole, Peet & Co. has not only kept pace with the development of Calgary and Alberta, but has established a nationwide reputation.

Garden City of the Prairies

CALGARY is named the Garden City of the prairies and not without good reason. Its citizens have always been horticulturally minded and out of a none too promising original town site they have, by municipal and individual effort, created a summer Eden which is famed far and near. Individual effort is fostered by an Horticultural Society for the past quarter of a century.

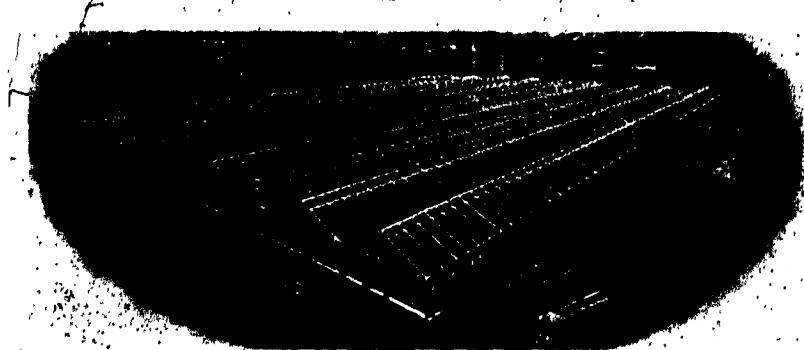
Boulevards on streets and avenues are beautifully shaded, residential sections are profusely shrubbed and hedged, while velvety lawns everywhere are bordered and broken with beds of perennial and annual flowering plants, a veritable blaze of color during the summer season. Truly a Garden City.

Thirty Years of Progress

FOUNDED by the late A. M. Terrill in 1904 when Calgary numbered only 5,000 people, A. M. Terrill Limited are proud of the part their organization has played in the Horticultural progress of Calgary.

Always keenly alert for new items that might be grown both indoors and outdoors in the district, they have added much to the floral culture of the West. Constant experiments in 35 large greenhouses and 4 acres of nursery stock and perennials, is ever extending the number of plants that can be successfully grown in Calgary.

A. M. Terrill Limited with their large plant, aided by the long hours of sunshine, operate an all-year industry in catering to the flower requirements of the West.



Alberta Motor Association

A. B. Mackay, Provincial President

A HEARTY welcome is extended by the Alberta Motor Association to delegates and guests attending the Convention of the Canadian Medical Association, which opens in Calgary on the 18th of June next. The Calgary Branch of the Association places at their convenience the Club's parking space on Ninth Avenue, one block west of the Palliser Hotel. The office of the Calgary Branch will be found at 110n Seventh Avenue East (Phone M-7757), and members of the staff will hold themselves in readiness to serve the delegates and guests who may wish highway information or maps. All attending the Convention are invited to avail themselves of these facilities. Road routings will be furnished upon request, either before or during the Convention. Alberta main highways are all-weather gravel surfaced and connect at the border with the system of main highways in the United States. Ask for the information you need and it will be willingly supplied.

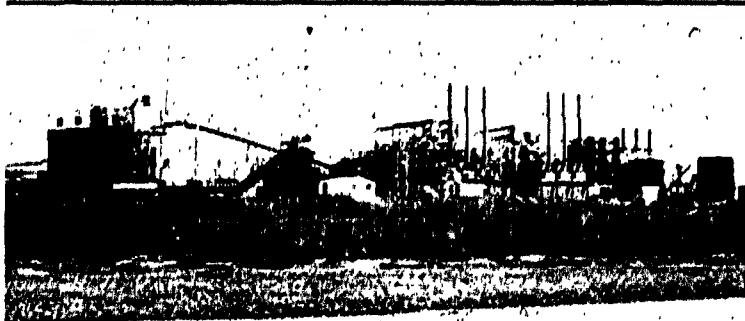
Telephones in Calgary

THE Telephone System in the City of Calgary is entirely of the Automatic type, Calgary being one of the first cities on the continent to adopt this system, just twenty-five years ago.

Long Distance facilities are of the most modern type, assuring patrons a swift, reliable and satisfactory service to all parts of the world, including service with certain of the larger Steamships at sea. This should be especially interesting to those visiting Calgary, for, regardless of where they live, they are no farther from home than the nearest telephone, while in Calgary.

Hotels

VISITORS to Calgary will find at their service Hotel Accommodation of the most modern style suited to every purse. There is a group of Hotels, centrally located, of which any City might well be proud. They are maintained at standards set by the Alberta Motor Association and the Associated Commercial Travellers' Association.



Gasoline...From Oilwell to Consumer in Alberta

Top—Compressor plant of Royalite Oil Co. Ltd., Turner Valley
Centre—A unit of Imperial Oil Refinery at Calgary
Below—A typical gasoline service station in Alberta

Calgary Board of Trade

THE need for some organization through which business and professional men work together to promote the best interests of their city and district, so as to promote its commercial and industrial growth, has long been recognized. Experience has proven that the best means to this end is a Board of Trade, embracing all good citizens regardless of religion, politics and nationality.

As far back as 1891 — forty-three years ago — Calgary was fortunate in having men of vision with faith in the future of this city. In that year they organized the Calgary Board of Trade and since then that organization has taken an active interest in all matters affecting the progress and welfare of this City and district.

In 1917 the Board of Trade established their present offices in the Lougheed Building and at the same time arranged for Lounge and Dining Rooms for the use of members and their guests in the same building. These rooms soon became the meeting place for all kinds of community work, and have been the means of promoting and fostering that fine spirit of unity and co-operation for which Calgary is now so well known.

A Calgary Product Wins the Grand Prix

WATER being the basic ingredient of all beverages, it naturally follows that the finer the water used, the finer will be the beverage.

"Calgary Dry" has long been recognized as the finest Dry Ginger Ale produced in Western Canada. It was winner of the Medal of Honor and Grand Prix of the Exposition Nationale at Limoges, France, in 1929. It is widely used in Calgary hospitals on the recommendation of the Medical Profession.

Deep underground springs ensure an unlimited supply of Rocky Mountain spring water. This, with of course, the highest quality of other ingredients and careful blending, is largely responsible for the superior flavor of "Calgary Dry Ginger Ale."

Alberta Indians

AS late as 1874, Alberta still had many primitive Indians. In Southern Alberta, there are five tribes, all of which retain the land reserved for them by treaty under Queen Victoria, whom the Indians called, "The Great White Mother." By this treaty, the government allotted 640 acres to every five persons, with the proviso that it should retain the right to navigate the rivers and make roads through the reserves.

The "Bloods" have the largest Indian reserve in the Dominion of Canada, being situated near Macleod, some fifteen miles from the International border. Not far from the "Bloods," the "Peigan" Indians occupy 180 square miles of Alberta's finest cattle range, just a few minutes drive from Macleod.

The "Blackfoot" tribe has its home sixty miles east of Calgary, an area of 500 square miles, with headquarters at Pincher. The "Drifting Sand Hills" of this reserve, called Kusappo Ispal-sikway in Indian, can be seen as one travels through this district by rail. This one-time fierce and most warlike tribe roams over one of the most extensive coal areas of the province. It also possesses very rich, fertile farm lands.

Situated on both sides of the Bow River, in the shadow of the Rocky Mountains, the "Stoney" Indians have their reserved home. As one travels by motor or rail to Banff, the cluster of red and white buildings of this reserve, is most attractive. Every tourist ought to plan a visit to this picturesque Indian village. Rev. John McDougall was the pioneer missionary to these so-called "undivided" Indians.

Calgarians speak with possessive pride of the "Sarcee" reserve, which is on their very doorstep, being only eight miles southwest of their city. This reserve is very beautiful, especially in spring and fall, as it is situated along the waterway of Elbow River and Fish Creek.

The Indians of today still love their pagan ceremonies, and cling to their absurd superstitions. Indian gala days are most attractive at Banff summer resort. In summer the various tribes camp out as of old, but in winter the cold retires them to their government dwellings. Thus, with the advance of civilization, the old order has changed.



Photo by courtesy of Calgary Exhibition Co. Ltd.

FRIENDSHIP BASED ON FAIR DEALING

This snapshot of Inspector (now Deputy Commissioner) J. W. Spalding, of the Royal Canadian Mounted Police, receiving a gift from Chief Joe Calfchild, of the Blackfoot Indians, typifies the friendly relations which have always existed between men of the famous force and the Indian tribes. The Canadian red man regards the Mounted Policeman as his friend and adviser, not an enemy to be feared and avoided.

The Food Value of Meat

Statements by Institute of Packers Accepted by Doctors

Committee on Foods Puts Official O.K. on Certain Facts About Meat

MEAT which formerly was attacked by some doctors, now has been accepted by the Committee on Foods of the American Medical Association.

For example, the Committee on Foods has accepted the statements that "meat is one of the most digestible of foods," that "meat is easily and almost completely digested by the human body," and that "the foremost nations of the world are those that eat meat." The foregoing statements, and others may be used with the official seal of acceptance of the association.

In announcing its acceptance of the Institute meat material, the American Medical Association's committee informed the Institute that the following claims used by the Institute in promoting the use of meat, could be used with the official seal of acceptance of the Association:

1. Meat is an excellent source of high quality protein.
2. Lean meat, kidney, liver, heart and tongue are among the richest sources of food iron.

3. Lean meats supply most minerals required in nutrition in good quantity excepting calcium.

4. Lean meats are rich in phosphorus.

5. Lean meats are a good source of vitamin C (ascorbic acid).

6. The fat of beef and mutton is a good source of vitamin A; while olive oil and margarine made from it are rich in vitamin A and contain vitamin D.

7. While lean meats furnish but modest quantities of calories, the fat may supply liberal amounts and bacon and salt pork are among the richest food sources of calories.

8. Edible specialties such as liver, kidney, heart and tongue are good sources of vitamin A, E and G.

9. Meat is one of the most digestible of foods, its protein being almost entirely digestible.

10. The body fats of beef, pork and lamb, as well as prepared shortening such as lard or margarine, are almost completely digestible (96-97 per cent).



EATONS'

Beautiful Store in Calgary.



Situate at Eighth Avenue West and Third Street.

Faith in the future of Calgary and the Province of Alberta prompted the erection of this fine store.

Five years' successful operation has amply justified that faith.

T. EATON CO. LIMITED



Palliser Hotel, Calgary, Alberta
Headquarters of the 1934 Meeting of the
Canadian Medical Association